

# Ways you can help young people with disabilities find employment

## Communicate

with your teen about their interests, strengths, and sources of motivation.

## Encourage

your teen to participate in activities (recreation, volunteering, co-op programs) that help them identify their employment goals.

## Discuss

and support your teen's decisions about when, if or how much they want to work.

## Learn

how to job search and support your teen with weekly job search goals.

## ONLINE RESOURCES

[Holland Bloorview employment programs](#)

## Practice

life skills with your teen, such as making choices, problem solving, managing stress, navigating transportation, and communicating.

## Support

your teen with establishing routines (making lunch at night, planning transportation).

## Connect

your teen with supports like job preparation classes and workshops.

## Research

with your teen educational and post-secondary programs through colleges or universities that support people with disabilities.



Holland Bloorview Kids Rehabilitation Hospital believes in creating a world where every child and youth belongs. In partnership with our clients and families, we call on everybody to take action to end stigma of children and youth with disabilities.

Each person with a disability is unique and some of these actions may need to be adjusted to best support individual needs and wants.